

Vitamin B12 500 µg

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged. For Best Before End and Batch No. information see neck of bottle.

Solgar's KOF-K certification #K-1250

Carefully Manufactured in the U.S.A.

By: Solgar, Inc., Leonia, N.J.

For: The Nature's Bounty Co. Ltd, Herts, HP23 5PT

SXENB73209 05D



VITAMIN B12 500 µg

SUITABLE FOR VEGANS



SUGAR, SALT AND STARCH FREE



50 VEGETABLE CAPSULES

FOOD SUPPLEMENT

Ingredients

%EC NRV*

Each vegetable capsule provides:

Bulking Agents: microcrystalline cellulose, mannitol

Vegetable Capsule Shell:

hydroxypropylmethyl cellulose

Anti-caking Agents: vegetable

magnesium stearate,

silicon dioxide

Vitamin B12.....500 µg 20000

(cyanocobalamin)

*EC NRV = EC Nutrient Reference Value

DIRECTIONS FOR USE: As a food supplement for adults, one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Food supplements should not be used instead of a varied balanced diet and a healthy lifestyle.

Solgar® is a registered trademark.

FREE OF: Gluten, Wheat, Dairy, Soya, Yeast, Preservatives, Artificial Flavours or Colours.

